



Kindergarten Readiness

Resources

Social-Emotional Learning Activity Suggestions

- One of the most effective ways to teach a child a social -emotional skill is by their caregiver modeling that behavior. If you'd like your child to use the phrases 'please' and 'thank you', model using those phrases with your child and let your child overhear you using those phrases with others. You can also narrate what you are doing to give your child a better understanding of when it is appropriate to use those phrases. A real-life example could sound like this, "Grandma helped me take your backpack out to the car while I carried you. That was kind of her to help me. Did you hear me say, "Thank you for carrying Ava's backpack to the car. That was a big help to me."? When people help us out, it is polite to say thank you." Make sure to stay focused on the positive—the "do" rather than the "don't."
- Acting out stories is a great way for your child to identify emotions and model positive conflict resolution strategies. We encourage you to act out your child's favorite stories they have read, heard, or watched. While you are listening, reading, or watching these stories you can point out the character's emotions or ask your child to identify the emotions they think that character is experiencing. A real-life example could sound like this if you were watching the movie Finding Nemo, "Look at Nemo's Dad, Marlo, how do you think it makes him feel that Nemo was captured by a scuba diver? Can you see how sad his face looks? Poor Marlo, I'll bet he could use a hug or a friend to talk to right now." Later, after the movie has ended you could act out the story with your child. Let them lead and prompt them with questions that could sound like this, "Can you remind me how Marlo felt when Nemo was captured by a scuba diver? Did his face look happy, like this? Or did his face look sad, like this?"

- When your child has an undesirable reaction to a big emotion, as frustrating as it could be for you, help coach them through it. Let your child know that it is okay to feel how they feel and let them experience that emotion safely. After your child has calmed down is a perfect opportunity to talk about what happened, how it could be resolved better in the future, and even act out the situation again so your child can go through the motions. For example, if your child was playing a boardgame and flipped the board over when they lost, let your child know that it's okay to feel frustrated when they lose at a game. After your child has calmed down, talk about the events that transpired, reinforce to your child that feeling frustrated that they lost is okay, what is not okay is flipping the board over when they lose. Ask your child to help you brainstorm some ideas for what they can do next time they feel frustrated that they lost a game and then act out the situation again so they can go through the motions of how the situation can have a better ending.